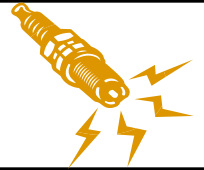


# SENIOR SPARKS



VOLUME 40 ISSUE 7 MANSFIELD SENIOR CENTER ASSOCIATION

JULY 2014

303 Maple Road, Storrs Mansfield CT 06268 (860) 429-0262 ext. 5

## TRAVEL NEWS BY KAY WARREN

OUR NEXT TRIP IS TO THE HUDSON RIVER WALKWAY AND RIVER CRUISE ON FRIDAY, JULY 18<sup>TH</sup>. THE \$95 PACKAGE INCLUDES MOTOR-COACH, A GUIDED TOUR AND BEAUTIFUL VIEWS FROM THE HUDSON RIVER WALKWAY, A FULL COURSE LUNCHEON AT MAHONEY'S WITH A CHOICE OF ROAST BEEF, ATLANTIC SALMON OR CHICKEN MAHONEY'S, AND A 2 HOUR SCENIC CRUISE ON THE HUDSON RIVER PLUS DRIVERS GRATUITIES.



I HAVE ONLY 8 SEATS LEFT ON THE TRIPLE LOBSTER TRIP, TUESDAY AUGUST 12<sup>TH</sup>. PLEASE SIGN UP NOW.

COMING FEB. 18-19-20<sup>TH</sup> IS ANOTHER TRIP TO ATLANTIC CITY WITH \$90.00 FREE SLOT PLAY PER PERSON; TWO BUFFETS AND A BREAKFAST.

CALL KAY AT THE CENTER FOR MORE INFORMATION.



APRIL 2015 BRINGS US TO A CRUISE. CALL FOR MORE INFORMATION.

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## GENEALOGY GROUP - TUESDAY, JULY 8<sup>TH</sup> AT 10 AM

ALL ARE WELCOME, INCLUDING BEGINNERS. THE LEADER BRINGS NEW INFORMATION AND WE ALL SHARE IDEAS. GET HELP WITH YOUR GENEALOGICAL RESEARCH PROBLEMS. WE WILL BE TAKING TRIPS TO LIBRARIES & ARCHIVES IN THE COMING YEAR TO WORK ON GENEALOGY.

CALL FOR DETAILS: 860-429-4557

Genealogy is the art  
of immortalising  
everyday people.





**INTRO TO THE COMPUTER / BY DAN GEBBEN**

TUESDAYS AND THURSDAYS AUGUST 5,7,12,14,19. COMPREHENSIVE OVERVIEW OF YOUR COMPUTER, AND ALL OF ITS OFFERINGS.

**ME AND MY IPAD / BY DAN GEBBEN**

TWO HOUR SEMINAR WEDNESDAY AUGUST 13<sup>TH</sup> 10AM TO 12 NOON. FREE.

**E MAIL:/ BY DAN GEBBEN**

WEDNESDAY AUGUST 6<sup>TH</sup>, 10AM TO 12 NOON; FREE, COMPREHENSIVE, COVERS EVERYTHING YOU DO NOT KNOW.

**INTRO TO FACEBOOK / BY DAN GEBBEN**

WEDNESDAY - AUG. 20<sup>TH</sup>. 10AM -12NOON FREE HOW TO WORK WITH THIS PROGRAM TO STAY IN TOUCH WITH FRIENDS AND FAMILY.

ALL CLASSES ARE IN THE COMPUTER LAB.

**DEAR MSCA MEMBERS:**

THERE HAS BEEN A BREAK IN MY LETTERS TO THE SPARKS, AND I DO APOLOGIZE FOR THE TIME OUT. THOUGH THIS IS PROBABLY NOT A GOOD REASON I HAVE HAD KNEE REPLACEMENT SURGERY AND DECIDED TO TAKE THE TIME TO FULLY RECUPERATE. WHAT A COINCIDENCE THAT THE CENTER WAS CLOSED THE LAST WEEK OF JUNE THAT GIVING ME AN ADDED WEEK TO RECUPERATE.

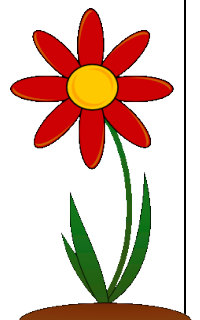
I AM SPEAKING OUT OF TURN BUT LETS HOPE THE DINING ROOM SHOULD HAVE A NEW FACE WHEN WE RETURN. THERE ARE MORE CHANGES IN THE AIR. THE THING TO REMEMBER IS COMING CHANGES ARE MEANT FOR THE GOOD OF ALL, AND WE CAN ALL SHARE IN THE GOOD OF WORKING TOGETHER.

THERE IS AN OVERSIGHT THAT HAPPENED AT THE VOLUNTEER LUNCHEON . WE WISHED BONNIE MILLER THE BEST IN HER MOVE TO N. CAROLINA. IN MY NERVOUSNESS I TOTALLY FORGOT TO MENTION THAT PAUL AND SUE RIDZON WILL BE MOVING TO HAWAII. WE WISH ALL OF YOU THE BEST.

THIS BEGINS THE SECOND HALF OF MY TERM. MY GOAL IS STILL TO DEVELOP THE PROPER PLEASANT FEEL AND SEND OUT AN ENRICHING WAVE THROUGHOUT THE MANSFIELD SENIOR CENTER.

AT THIS POINT I HOPE YOU HAVE A PLEASANT SUMMER AND THAT THE FALL SEASON WILL BE COLORFUL, AND AS EVENTFUL AS YOU WISH.

ESTELLE ELLIOTT, PRESIDENT



## JULY BIRTHDAYS

- 1 DORIS CLARK, ALFRED SCHROETE, RICHARD SANTI, KATHERINE ELLIOTT, RICHARD MARTIN, ALBERTA WEBER, CAROL HEWETT
- 2 JAQUELIN BROWN, WALTER ELWELL
- 3 STEPHANIE ORRINGER, BARBARA GUGGOLZ
- 4 REIN LAAK, BARBARA FRANSON, KEVIN MCCARTHY
- 5 HARRIS MARCUS, CAROL ABRAMSON, SHIRLEY KATZ, SHEILA MUSIEK
- 6 LYNNE KOTHS, THOMAS HYDE, WILLIAM LIBERATOR
- 7 RONALD PARDUS, LESLIE KENNARD, MAURICETTE STWALLEY, ELLEN MARSHALL
- 8 ELIZABETH MINER, NAZINA COUCHON, JOHN HUTT, PATRICIA CHAMBERLAND
- 9 EDDY LAFLAMME, MARILYN SLATER
- 10 JAMES MCVEIGH, JOSEPHINE SATERNO, PATRICIA AUSBURG, MARIE PALMER, ZHANG WANLI
- 11 ELIZABETH PATERSON, DOROTHY BRIGGS
- 12 GARY KOZIN
- 13 MARY PELRINE, JOAN ROGERS, WILLIAM PEARSON, SONDRRA MORRISON  
WILLIAM PEARSON,
- 14 JOHN BRAND, SANDRA DUNNACK
- 15 JEANNINE SHERMAN
- 16 LUCILLE LEWIS, MARGARET MENDITTO, CHARLAINE TAYLOR  
LEE TERRY, IGOR SHVARTSMAN
- 17 BONNIE MILLER, ELIZABETH WARDWELL
- 18 DONALD JANDREWSKI, HENRY SCHONE, ETHEL WILLS, LAWRENCE WOODWARD
- 19 JEAN SABATINE, BARBARA RYCHLING, ROSWELL HALL
- 20 KENNETH MORGAN, CARL KUSMER
- 21 ETHEL HAWKINS, JOHN MULKERN, CONNIE MORRISSETTE, JAMES McLAUGHLIN  
JOHN MULKERN, BARRY LITTMAN
- 22 MARIE SCHONE, JAY KOTHS, SALLY SUMNER, SYLVIA CARR, DOROTHY LUCKEY
- 23 THERESA ADAMCIK, ROSEMARY BEECHER
- 24 RUTH JOHNSTON, RICHARD SALLEE, LAVIDA MEAD
- 25 CARMEN BERG
- 26 ROGER SKELLY, DAVID KOVAROVICS, BARBARA KOVAROVICS, JIM PAROLA
- 27 JOYCE TREMBLAY, JACK CLAUSON, ELAINE POLANSKY, CALVIN WILCOX, BEVERLY FLYNN
- 29 EVELYN NIDERNO, HELEN ROSS, ELINOR BARTHELEMY
- 30 GARY JOHN, GERTRUDE LAMB, PATT MURRAY, WENDY JACOBS
- 31 DOLORES HILDING, PEGGY DUGAN





**Mansfield Senior Center**  
**860-429-0262, ext. 0**

Fax: (860) 429-3208

E-mail:

SeniorCenter@mansfieldct.org

www.mansfieldct.org

**Hours:** Monday to Friday  
 8:30 AM to 4:30 PM

Senior Center Supervisor:

Cindy Dainton, ext. 9

daintonch@mansfieldct.org

Program Coordinator:

Adult Services Social Worker:

Kathy Ann Easley

860-487-9873

Outreach Worker:

Carolyn McAuliffe

860-487-9875

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

Receptionist:

Kathy Yaffee, ext. 4

Site Server:

Sharon, Caron, ext. 8

**The Municipal Agent for the Elderly:** Kathy Ann Easley, MSW,  
 (860) 429-0262, ext. 1.

**Transportation:** Dial-a-Ride Transportation (860) 456-1462, **48 hours** in advance.

**We Have a Volunteer Transportation Program**

For Mansfield Residents only

WE have volunteers available to drive you to Medical and Dental appointments.

Please, we need 7-10 days advance request.

Call Gianna

860-429-0262 ext. 2



## ~ Senior Happenings ~ July

Mansfield Senior & Wellness Center, 303 Maple Road, Storrs/Mansfield CT 06268

July 2014 Volume 6, Issue 10

860-429-0262 FAX: 860-429-3208

### UPCOMING TRANSPORTATION DAY GETAWAYS!!!

**Wed. July 23**– Old Sturbridge Village Show & Lunch. Cost : \$45.50  
 Choice of Entrée: Chicken or Scrod. The Show is “Who put the Rainbow in the Wizard of Oz”. Van departs at 10am and returns 4pm.  
 Please sign up by July 18

**Friday, July 25th**– Sunflower Festival at Buttonwood Farm  
 in Griswold and lunch at a surprise location, at your expense.  
 Take a Wagon ride through the sunflower field ,cost: \$5.00.  
 Van will depart at 10:30 and returns 4pm.  
 Please sign up by July 22

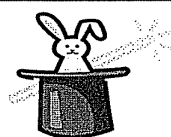
**Wed. July 9**–Trolley Museum and lunch at Cracker Barrel in East Windsor.  
 Admission to Museum \$8. Lunch at your expense.  
 Van departs at 9:30am and returns 3:30pm  
 Please sign up by July 4

Thursday, August 7th at 5pm

### BBQ dinner and Entertainment– Judy Hall

*Hosted by Mansfield Senior Center and Masonicare,*  
*cost: \$5.00*

Please Sign up and Pay by July 31st ,with Kathy or Cindy  
 Family and Friends are welcome



### July Summer Evening Program

Thursday, July 3 at 5:00pm, Cost: \$6.00

***Entertainment by: Mr. Magic***

*Family and Friends are welcome*

## \*\*\*NOTICE\*\*\*

**Low Vision Group**

\*Changed to 2nd Wednesday of  
each month , 11am-noon  
July 9th and August 13th  
Facilitated by Carolyn McAuliffe

**Caregiver's Support Group**

\*Changed to 3rd Wednesday of  
each month , 3pm-4pm  
July 16th and August 20th  
Facilitated by Carolyn McAuliffe

***Attorney Gates-Eldercare  
Will not be here in July  
Sign up for August 25th.***

**Fun Van Trips in July**

Details On the Front Page



Thanks to the family of **Warren Higgins**  
For the donation of the flowers out-  
side the front of the Mansfield Senior  
Center. His knowledge and compas-  
sion for others can be seen in the  
rainbow of colors for all of us to en-  
joy. It is greatly appreciated!

**Interim Healthcare- Helping Hands Program**

Tuesday, July 8th at 11:30am

Learn about their services

***Conversation with Betty has changed for summer***

Tuesdays, July 8th and 22nd at 1:30-3pm

Tuesdays, Aug. 12th and 26th at 1:30pm



If you have an interesting collection you would like to display ?



We have a glass display case in our lobby.

Please call Kathy - Ext 4

**July Health Services**

VNA East- July 16, 1pm-3pm

- Foot care
- Ear Health

Screenings: blood sugar

There is a fee



Dr. Walter (foot care)  
July 1st and July 22nd, 9am-12  
Bring your Insurance Card

Call 860-429-0262 Ext 4 for an appt.

**The Mobile Food Share Truck will be here on**

**July 10 & 24 at 11:30am.**

There are no questions on income.

Just a need for food in the household.

**Bring your shopping bags. Don't miss it!**



## Try a Salad for Lunch

Served on Wed.  
and Fridays

### Meal Program

Adults 60 years and older, suggested donation is \$3.00 for meal and

\$4.00 for Salad meal.

Please reserve lunch 3 days in advance.

### JULY MENU

**Tues. July 1:** Chicken Cacciatore

**Wed. July 2:** Pork Loin or Salad

**Thur. July 3:** Ziti w/ Sausage

**Fri. July 4:** Holiday-closed

**Mon. July 7:** Chicken Marsala

**Tues. July 8:** Baked Cod

**Wed. July 9:** BBQ Chicken or Salad

**Thur. July 10:** Meatloaf

**Fri. July 11:** Stuffed Shells or Salad

**Mon. July 14:** Salisbury Steak

**Tues. July 15:** Glazed Ham

**Wed. July 16:** Manicotti or Salad

**Thur. July 17:** Pesto Cream Chicken

**Fri. July 18:** Western Omelet

**Mon. July 21:** Ravioli

**Tues. July 22:** Stuffed Chicken

**Wed. July 23:** Beef Stew or Salad

**Thur. July 24:** Cod Patty

**Fri. July 25:** Sloppy Joe or Salad

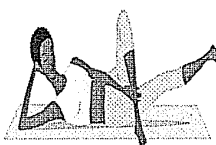
**Mon. July 28:** Cheese Omelet

**Tue. July 29:** Cheeseburger Casserole

**Wed. July 30:** Cod Florentine or Salad

**Thur. July 31:** Chicken Supreme

Yoga class is back with Kayse



**Wednesdays at 11am**

Sign up for July now!!

**Free Blood Pressure Screening- July 2nd**

**11:30am-noon**

Courtesy of the Herrmman Donation



Wednesday, July 23rd at 2pm

***"Make your own ice cream sundae"***

Please sign up and pay \$2.00

with Kathy or Cindy by July 21



**Reiki**

**Thursday, July 3rd**

***Try a Energy Therapy Technique***

\$30 for one hour appointment

**Cooling Center**

**The Senior Center is a Cooling Center**



**Monday—Friday**

**8:30am —4:30pm**

**During the HOT days**

**stop over and cool off**



### Save the Dates

*National Senior Center Month in September*

Our Celebration will be

**September 8-12**

⇒ Free Classes to Try

⇒ Guess who's Coming to Breakfast (Watch for clues in September)

⇒ Many Fun Events



### September Program at the Mansfield Library

#### *“We Need to Talk “*

Thursday, September 11th at 6:30pm

AARP will offer this course to address a tough subject for families

*When is it time for your loved one to stop driving ?*

- How to assess their driving skills
- Provide tools to have this conversation



#### **Did you know...**

**We have a library!!**

**Check out the many  
fiction and non-fiction Books.**

Enjoy a great summer

Enjoy a great book

Relax




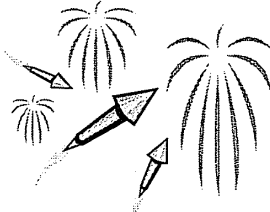




#### **We have a Computer available for the Public**

(during our business hours)

- Browse the web
- Check your e-mail

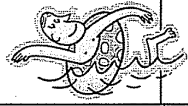
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
<b>JULY</b> 	<b>1.</b> 8:30-Strength class 10:00-Scrabble 10:00-Wii Bowling 11:00-Power of Aging 12:00-Lunch 1:00- Bingo	<b>2.</b> 9:00- Walking DVD 10:00-Writing Group 11:30- Herrmman Blood Pressure Clinic 12:00- Causeries 12:00- Birthday lunch 1:00- Fund. Of Tap 3:00- Walking DVD	<b>3. Summer Dog Days</b> 8:30-Strength class 10:00-Wii Bowl 12:00-Lunch 12:30 Power of Aging 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15- Senior Aerobics 5:00- Evening program- Meal And Entertainment	<b>4. Independence Day</b> Closed 	<b>5. Saturday</b> ~ <b>6. Sunday</b>
00-Senior Aerobics Walking DVD 0-Art Studio 0-PC Help 0-Lunch Mahjongg - Wii Bowling <i>onal Chocolate Day</i> 	<b>8.</b> 8:30-Strength class 10:00-Scrabble 10:00-Wii bowling 10:00-Genealogy Gr. 11:30-Helping Hands 12:00- Lunch 1:00-Bingo 1:30-Talk w/ Betty 7:00-MS support Gr.	<b>9.</b> 9:00- Dr. Walter 9:00- Walking DVD 10:00- Writing Gr. 11:00-Low Vision Gr. 12:00-Causeries 12:00- Lunch 1:00-Fund. of Tap 2:00-Book Club 3:00-Walking DVD 7:00-TNT Quiltors	<b>10.</b> 8:30-Strength class. 10:00-Wii Bowl 11:30-Foodshare 12:00-Lunch 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15- Senior Aerobics	<b>11.</b> 10:00-Scrabble 10:00- Photo Club 10:00-Knitting & Crocheting 11:15-Brain Aerobics 12:00-Lunch 1:00-Art Studio 	<b>12. Saturday</b> Paper bag Day ~ ~ ~ ~ ~ <b>13. Sunday</b> Barn Day
Senior Aerobics Walking DVD COA Mtg. 0-Art Studio 0-PC Help 0-Lunch Mahjongg - Wii Bowling	<b>15.</b> 8:30-Strength class 10:00-Scrabble 10:00-Wii Bowl 11:00-Power of Aging 12:00-Lunch 1:00-Bingo 2:00- Art Class	<b>16.</b> 9:00- Walking DVD 10:00-Writing Group 12:00-Causeries 12:00- Lunch 1:00-Fund. of Tap 1:00-VNA East 3:00-Walking DVD 3:00-4:00-Caregiver's Support Group 	<b>17.</b> 8:30-Strength Class 10:00-Wii Bowl 12:00-Lunch 12:30 -Power of Aging 1:00-Bridge 1:00-Jewelry 2:30- Wii Bowl 3:15- Senior Aerobics	<b>18.</b> 10:00-Scrabble 10:00-Photo Club 10:00-Knitting & Crocheting 10:30 -Sit & Get Fit 11:15-Brain Aerobics 12:00- Lunch 1:00-Art Studio 1:00-Duplicate Bridge	<b>19. Saturday</b> ~ ~ ~ ~ ~ <b>20. Sunday</b> Lollipop Day Moon Day 



**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SAT. & SUN.**

<b>21.</b> 9:00-Senior Aerobics 9:00-Walking DVD 10:00-Art Studio 10:00-PC Help 12:00-Lunch 1:00-Mahjongg 3:15-Wii bowling	<b>22.</b> 8:30-Strength class 10:00-Scrabble 10:00-Wii Bowl 11:00-Power of Aging 12:00-Lunch 1:00-Bingo 1:30-Talk w/ Betty 2:00- Art Class	<b>23.</b> 9:00- Walk DVD 10:00-Writing Group 12:00-Causeries 12:00- Lunch 1:00-Fund. of Tap 2:00-Make Your own Ice Cream Sundae 3:00-Walking DVD 7:00-TNT Quilters	<b>24.</b> 8:30-Strength Class 10:00-Wii Bowl 11:30-Foodshare 12:00-Lunch 12:30 -Power of Aging 1:00-Bridge 1:00-Jewelry 2:30- Wii Bowl 3:15- Senior Aerobics	<b>25.</b> 10:00-Scrabble 10:00-Knitting & Crocheting 10:30 -Sit & Get Fit 11:15-Brain Aerobics 12:00- Lunch 1:00-Art Studio 	<b>26.</b> <b>Saturday</b> ~ ~ ~ ~ ~ <b>27.</b> <b>Sunday</b>
<b>28.</b> 9:00-Senior Aerobics 9:00-Walking DVD 10:00-Art Studio 10:00-PC Help 12:00-Lunch 1:00-Mahjongg 3:15-Wii Bowling	<b>29.</b> 8:30-Strength class 10:00-Scrabble 10:00-Wii Bowl 11:00-Power of Aging 12:00-Lunch 1:00-Bingo 2:00- Art Class	<b>30.</b> 9:00-- Walking DVD 10:00-Writing Group 12:00-Causeries 12:00- Lunch 1:00-Fund. of Tap 3:00-Walking DVD	<b>31.</b> 8:30-Strength Class 10:00-Wii Bowl 12:00-Lunch 12:30 -Power of Aging 1:00-Bridge 1:00-Jewelry 2:30- Wii Bowl 3:15- Senior Aerobics	National Baked Bean Month National Hot Dog Month <h1>July</h1>	

**Current & Coming Events at the Mansfield Senior Center:**

*Thursday, July 3rd- Second Summer Evening Event at 5:00pm*

*Thursday, August 7th- Final Summer Evening Program at 5:00pm*

**History to remember:**

**July 1, 1963-US postal system started 5 digit zip codes**

**July 2, 1964-Civil Rights Act signed by President LB J**

**July 20, 1969- Neil Armstrong landed on the moon**

**July 8, 1835- Liberty bell cracks**

**July 28- Beatrice Potter's birthday**

*Note: Calendar is subject to change without notice*

Please look at the Day Trips we offer, front page in our June *Senior Happenings*



**SENIOR SPARKS**

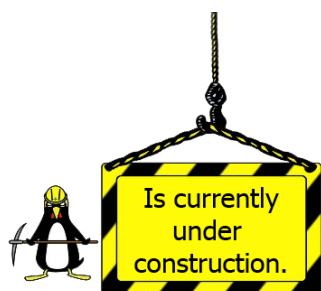
Mansfield Senior Center Association  
Mansfield Senior & Wellness Center  
303 Maple Road  
Storrs Mansfield, Connecticut 06268  
860-429-0262



NON-PROFIT ORGANIZATION  
PRE-SORT STANDARD #57  
U.S. POSTAGE PAID

Occupant or

PLACE TOP OF LABEL  
BY THE DARK LINE



THE SPARKS IS CURRENTLY UNDERGOING  
A FACE LIFT. DURING THE COMING  
MONTHS YOU WILL NOTICE SOME CHANGES  
IN THE FORMAT. PLEASE BEAR WITH US  
DURING THIS TIME OF  
TRANSITION. THERE

IS A  
PROMISE OF BRIGHTER  
THINGS ON THE  
HORIZON!



I WANT TO BUY A SPARKS SUBSCRIPTION  
FROM JULY 1, 2014 TO JUNE 30 2015.  
(PLEASE PRINT)

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

NEW SUBSCRIPTION \_\_\_\_\_ OR RENEWAL \_\_\_\_\_

BULK RATE @ \$8.00 \_\_\_\_\_ OR FIRST CLASS @ \$12.00 \_\_\_\_\_

AMOUNT ENCLOSED: \_\_\_\_\_

(CHECK MADE TO M.S.C.A.)

LEAVE AT FRONT DESK FOR KATHY RULE OR MAIL IT TO HER AT:  
MANSFIELD SENIOR & WELLNESS CENTER  
303 MAPLE ROAD  
STORRS MANSFIELD, CT 06268